



## Double Chocolate Blender Muffins



1/12th of recipe (1 muffin): 92 calories, 2.5g total fat (1g sat. fat), 217mg sodium, 19g carbs, 2g fiber, 4.5g sugars, 5g protein

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**Prep:** 15 minutes    **Cook:** 20 minutes



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### Ingredients

1 1/2 cups old-fashioned oats  
1 cup fat-free plain Greek yogurt  
1/2 cup unsweetened dark cocoa powder  
1/2 cup unsweetened applesauce  
1/2 cup (about 4 large) egg whites or fat-free liquid egg substitute  
1/3 cup Truvia spoonable no-calorie sweetener (or another natural brand about twice as sweet as sugar)  
1/4 cup unsweetened vanilla almond milk  
1 1/2 tsp. baking powder  
1 tsp. vanilla extract  
1/2 tsp. baking soda  
1/4 tsp. salt  
1/4 cup mini semi-sweet chocolate chips

### Directions

Preheat oven to 400 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

Pulse oats to the consistency of coarse flour in a blender. Add all remaining ingredients *except* chocolate chips. Blend at high speed until smooth and uniform, stopping and stirring if needed.

Fold in 2 tbsp. chocolate chips. Add batter to muffin pan, and smooth out the tops.

Sprinkle with remaining 2 tbsp. chocolate chips, and lightly press to adhere.

Bake until a toothpick inserted into the center of a muffin comes out clean, 16 - 18 minutes.

MAKES 12 SERVINGS

**To Freeze:** Tightly wrap each cooled muffin in foil or plastic wrap. Place wrapped muffins in a sealable container or bag, seal, and store in the freezer.

**To Thaw:** Unwrap, and place on a microwave-safe plate. Microwave at 50 percent power for 1 minute, or until it reaches your desired temperature. Or just refrigerate overnight!

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